

STARTING STRONG

FITNESS ORIENTATION

FREE FOR MEMBERS

STEP 1

Sign up for your free fitness orientation when you join to start your membership strong! You will get an introduction to the equipment and speak one-on-one with a Fitness Assistant about your goals at the MCC, go through a sample workout and complete a fitness questionnaire! Earn one complimentary fitness class drop-in at the end of your session!

STEP 2

After your first fitness orientation make an appointment to meet with a fitness assistant to go over the results of your questionnaire. Review and discuss your goals and try a second sample workout. You can use this time to ask any questions about machines or exercises. Earn your second complimentary class drop-in, \$5 in rewards points, PLUS 10% off a package of three Personal Training visits at the end of your session!



MANSFIELD COMMUNITY CENTER